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# THE MCA MONITOR

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## GREAT FALLS COUNCIL GOING STRONG

Following an organizational meeting held May 28 at the Great Falls Sheraton and attended by about 35 persons, the Great Falls Council on Alcoholism (GFCA) is off to a running start.

Elected officers include Leroy (Lee) Logan, president; Anne Fleming, vice president; and Donna Day, secretary treasurer. Doug Richards is managing public relations for the new council and Ron Watson is editing the monthly GFCA Newsletter.

At a followup meeting held June 11 at the Montana Power Co. Hospitality Room, GFCA members considered sponsoring an "Alternative Action Workshop," June 23-25, prioritizing local needs, developing publicity efforts, and electing representatives to the MCA Board of Trustees. Also discussed were proposed federal funding cuts for alcoholism treatment, NIAAA policies for "reduction of alcohol availability," and the need to work with young people. Members were encouraged to write to the Montana Congressional Delegation regarding budget cuts.

Committees were named to deal with fund raising (Rene Carette, Rega Kirk, Jim Vance, and Toni Brewster), membership expansion (Matt Smartt, Jeff Terri, and Marilee Breeden) and public relations (Bill Marnen, Judi Wolff and Donna Day), and a core group of individuals interested in doing public speaking on behalf of GFCA was identified.

The members established a \$5 membership fee for GFCA, which is distinct from the \$10 minimum membership fee for MCA. The MCA Philosophy Statement was read and adopted. "substance abuse" and "chemical dependency" approaches to alcohol problems was reviewed. Future meetings were scheduled on the second and the fourth Wednesdays of each month.

The June premier issue of GFCA Newsletter has been distributed and features a report on the June 11 meeting, excerpts from the MCA Philosophy, a "Thank You Department," "Bits and Pieces," and a brief editorial by Ron Watson. The newsletter expresses thanks

to Central Printing, Northwestern Bank, Montana Power Co. and individual volunteers for assistance, and notes an \$80 donation to GFCA from Waters Distributing, the Great Falls Coors beer distributor.

## VISA AND MASTER CHARGE ACCEPTED

MCA Executive Director Bob Oaks, announced that the Council is now able to accept membership dues, contributions, workshop fees, and payments for books, pamphlets and other materials through Visa and Master Charge.

Those who wish to use these credit services, should provide us with the name on the card, the bank that issued the card, the account expiration date and the card number.

With diminished federal funding for alcoholism likely, and increasing competition for state and local funds a present reality, the Council is growing increasingly more dependent upon your financial support. Please make your tax-deductible contribution to keep an active consumer advocacy voice for the alcoholism field in Montana.

## MCA BOARD OF TRUSTEES MEETING SCHEDULED

A meeting of the MCA Board of Trustees has been scheduled for Friday, July 11, beginning at 9 a.m., at the Lewis and Clark Library, 120 S. Last Chance Mall. All MCA members and friends are welcome to attend.

## ORGANIZATIONAL MEETING SET IN CHINOOK

A volunteer alcoholism council organizational meeting has been set for July 17 in Chinook, 7:30 p.m., at the Blaine Co. Library. This meeting will provide an opportunity for businessmen, professionals, members of the clergy, government employees and concerned persons who live and work with alcoholics to meet each other and develop a concerted volunteer effort to deal with drinking problems.

For additional information, contact Mary Pyette, Blaine Co. Nurse, at the armory in Chinook, phone 357-2345.



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# THE EX COLUMN

-by Bob Oaks

I write to you today on behalf of the constituency of the Montana Council on Alcoholism, a volunteer group of Montana citizens dedicated to reducing the devastation caused by the disease of alcoholism.

We are alarmed and shocked to see that proposed Federal budget cuts for fiscal year 1981 take such a heavy toll on alcoholism projects. It is inconceivable that funding which is so vitally necessary to combat our nation's number one health and social problem would be reduced.

The disease of alcoholism is of epidemic proportions in the United States today. It costs our citizens billions of dollars every year. We simply must recognize the need to continue the fight against alcoholism, if for no other reason than to reduce the personal financial burden every citizen bears because of it.

In Montana, we now estimate that one out of every eight people suffers from the disease of alcoholism. In addition, there are at least another 300,000 persons who are directly affected and become just as sick - some say even sicker - than the alcoholic himself. These are the family, friends and work associates of alcoholics. Simple arithmetic shows that over one-half of Montana's population is personally and tragically involved with alcoholism.

The alcohol problem in Montana is one of gigantic magnitude and ranks our state in the top 10% - 15% among all 50 states.

The proposed reduction in financial support for alcoholism services endangers the continuation of a vital and highly specialized health delivery system that has been in place for more than nine years. Funding reductions for maintenance of the alcoholism service delivery network would be a giant step backward in a game where precious inches of accomplishment have only recently been gained.

The paradox of this whole situation is that if Congress and the Administration reduce funding to treat and combat alcoholism in order to save money, we will in fact increase alcoholism-related expenditures as the social consequences of the disease are manifested in increased welfare assistance, increased court and institutional costs, greater production losses, and more highway deaths.

On behalf of the membership of the Montana Council on Alcoholism, I urge you

## Letters to the Editor

MCA Monitor welcomes letters and articles with the understanding that all submissions may be edited for length or form. Originals and photos cannot be returned.

to work with us to increase awareness about alcoholism and to support us by opposing any and all budgetary reductions which would limit, restrict, or reduce present activities in the field of alcohol abuse and alcoholism.

--Letter sent to the Montana U.S. Congressional Delegation and Governor Judge.

## NCA HISTORY IN EMPLOYEE ASSISTANCE PROGRAM

National Council on Alcoholism has long been working to deal with alcoholism in occupational settings.

Early employee programs with high reported rates of success in rehabilitating alcoholic employees were mostly medically-based programs run by industrial physicians. According to Paul M. Roman, Ph.D., of Tulane University, in a recent NCA Labor-Management Alcoholism Journal article, the programs were largely isolated from each other, and until the 1960's, there were no efforts to expand the concept.

In the early 1960's, NCA and its affiliates began to promote a program design in which referrals are made by supervisors on the basis of poor job performance, rather than by observation of the traditional symptoms of alcoholism.

"It was recognized that problems other than alcoholism could adversely affect job performance," Roman says, "but NCA postulated that the majority of unsatisfactory job performance was due to alcoholism (in the early, middle, or late stages) and therefore the individual to whom the employees were referred for diagnosis had to have expertise specifically in the area of alcohol problems and alcoholism.

"When these programs turned up individuals with problems other than alcoholism, they were referred to appropriate community resources and most were restored to pro-

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## EMC HOSTS ALCOHOL/DRUG INSTITUTE

Maureen Jewell, program coordinator for the Eastern Montana College School of Extended Studies in Billings, announced that EMC held the Second Annual Alcohol and Drug Abuse Institute, June 18-21. Jewell said the theme of this year's Institute was "New Developments in an Old Illness."

Among authorities who participated in the Institute, Jewell listed Susan Jackson of UCLA at Berkely, a co-researcher working with Susan Maslac, who spoke on the topic "Good Samaritan Burnout;" Dr. Edward Shev, a psychologist who specializes in occupational stress, and is chief neurologist at a major San Francisco hospital; and Dr. William Kroes, a practicing private psychologist who is a former director of the National Institute on Professional Stress. Stress.

This year's Institute, Jewell said, was co-sponsored by EMC, Alcohol and Drug Abuse Division, and the Law enforcement Academy at Bozeman. Speakers and session leaders came from across Montana. "We are capitalizing on expertise in the state," Jewell said.

The Institute began with a general overview session on Wednesday, June 18, which Jewell said explored participants' attitudes, and covered the stress aspect of substance abuse and the disease of alcoholism. Participants had the opportunity to follow either of two tracks over the remaining three days of the Institute.

One track, intended primarily for educators, featured Carolynn Peter, a state training director who redesigned the "Here's Looking At You" curriculum for the state of Alaska. Jewell said Peter aided in adapting the curriculum, which has been circulated by MCA through S.O.B.E.R. Alternative Action Seminars, for use in Montana.

Jewell said the second track provided an in-depth examination of the disease of alcoholism and of substance abuse, and explored professional attitudes and methods of working with other agencies. She said this track related occupational and personal stress to abuse, and featured a special sub-unit on stress for law enforcement officers.

Two different credit options were offered for the two tracks. Jewell said those who completed the first track for

educators qualified for a three-credit HE 411 endorsement, which qualifies for teachers' state alcohol and drug certification. She said those who completed the second track may receive an Institute of Habilitative Services (IHS) endorsement for two credits.



A new national publication, Alcoholism/The National Magazine, is presently under development in Seattle and will be published by the non-profit Foundation for Alcoholism Communications (Alcom, Inc.).

According to a statement by publisher Jerauld D. Miller in an eight-page preview sampler issue, "We will identify common objectives, lionize those who are making significant contributions to the field, and keep the public, and even the sub-groups within the alcoholism community, up to date. We're trying to let the right hand know what the left hand is doing."

A statement by Gordon L. Steinhauer, NCA Board Chairman, and R. Keith Simpson, NCA President, notes, "Alcoholism/The National Magazine is further evidence of the vitality of our field. In our opinion, it is one of the most important publishing developments in the field of alcoholism in a quarter of a century. The NCA is pleased to have our Public Journal included in each issue, and we plan to utilize these pages to deal with pressing issues and to highlight key events and developments."

The sampler promises a first issue with departments entitled "D.C. Diary," a broad agenda for the National Commission on Alcohol and Other Related Problems; "Soap Box," on proposed federal budget cuts; the NCA Public Journal; "M.D.;" "Clinician's Corner," discussing the difference between the alcoholic and the problem drinker; "Abstracts;" "Dateline Canada," examining innovative treatment programs; "Stateside;" "EAPprogress," with labor-management program views; and "ALMACA Digest."

First-issue features will include "Rand Reporting: Can Headlines Kill?," "Sexual Dysfunction and the Alcoholic Male," "Fetal Alcohol Syndrome," "Father Martin's Chalk Talk" (the cover sports a full-color photo of Fr. Martin and chalkboard), "New Orleans

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Sans Sazerac: AA World Conference," "Alphabet Soup" (a review of "alcoholism's acronymical agencies" by NCA's Neil Scott), "NCA Forum, Dateline Seattle," "The Co-Alcoholic: Hostage in the Home?," and "\$200 Million Mission: NIAAA's John DeLuca."

A charter subscription to the magazine costs \$12 for six bi-monthly issues. According to Neil Scott, NCA Field Service Representative, there are tentative plans to increase publication frequency to a monthly schedule after one year.

Although plans originally called for distribution of the first issue in time for the AA World Conference, July 4-7 in New Orleans, Scott said the first issue would probably be out sometime in August.

We at MCA wish Alcom, Inc., the greatest success in accomplishing this much needed informational project, and encourage our readers to support the effort with charter subscriptions and generous contributions. Mail your subscriptions and questions to: Alcom, Inc., P.O. Box C19051, Queen Anne Station, Seattle, WA 98109, (206) 282-2699.

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ductivity. Primary program attention, however, was focused on alcohol problems."

In the early 1970's the federal government made occupational alcoholism one of its first alcoholism initiatives, and through grants administered by National Institute on Alcohol Abuse and Alcoholism (NIAAA), funded occupational demonstration projects and program consultants nationwide.

Roman maintains that the NCA model which was adopted by NIAAA is similar to earlier counseling efforts by labor unions.

"For many years," Roman notes, "unions have played a major role in promoting employee welfare. For several decades, the AFL-CIO, through its Department of Community Services, has fostered programs of 'union counseling,' in which specially trained union staff offer members assistance with their personal problems.

"This is an approach in which union staff members are given training to function as counselors and are then available to refer other members and their families to community health and welfare services where such needs occur.

"In some cases, a merger of employee assistance programs and union counseling efforts has occurred, facilitated, in large part, by substantial grants from NIAAA to several labor organizations."

## GFCA HOSTS ALTERNATIVE ACTION WORKSHOP

Great Falls Council on Alcoholism sponsored the MCA "Alternative Action Workshop," June 23-25 at the Great Falls Vo-Tech Center.

The workshop, designed for the layman, covered community resources, communication skills, values clarification and coping skills, attitudes awareness, the disease concept of alcoholism, implementation of alcohol curricula in elementary and secondary schools, the S.O.B.E.R. community drinking-driving awareness campaign, psychodrama, role-playing, and public media usage for local action groups. Also featured was a preview of "Soft is the Heart of a Child," a highly recommended film about the effects of alcoholism on the family.

Participants who completed the full workshop were eligible for up to two college credits, and received a materials package containing a 400-page Teacher's Guide for Alcohol Education, a 71-page S.O.B.E.R. Campaign Manual, and a 171-page Alternative Action Manual, which contains 14 lectures, with resource materials, on various aspects of alcohol abuse and alcoholism.

Representatives of GFCA, Great Falls alcoholism treatment services, Alcoholics Anonymous and Al-Anon participated in workshop activities. Contact MCA for information on how to sponsor an Alternative Action Workshop in your community.

## MCA PLANNING SUPER RECYCLE-IT SALE

The Council is planning a "Recycle It" sale in Helena during mid-July to dispose of an estimated 40,000 items of used merchandise donated by a Helena second-hand store.

We are faced with the enormous task of moving, sorting and pricing these items in time for the sale, as well as with recruiting Helena volunteers to supervise the sale itself. We are encouraging others to donate additional merchandise or to hold their sales in conjunction with the "Recycle It" sale.

The Council requests that businesses, organizations and individuals with crafts, produce or used merchandise they wish to sell join with us in planning and conducting this sale. If you have something to sell or would just like to help, contact Barry Potter at the MCA Helena office for additional information.